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US POSTAGE
LA CONNER, WA
PERMIT #3



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Our mission is to create and sustain comfortable, caring environments for those who depend on us.

La Conner Retirement Inn News

August 2021 Newsletter



2 Paths to Improved Eye Wellness
3 Team & Resident Spotlight
4 - 5 Activities Calendar

6 Highlights, Notes, In Our Words
7 Special Moments & Birthdays
8 Mission & Team

Explore Paths to Improved Eye Wellness

Follow your medical professional's advice and speak with them before changing diet, exercise, or supplements.

August is Eye Exam Month and in observance, we've gathered some insight for eyesight! It can be frustrating to experience changes to eyes which result from an array of factors. Luckily, there are many ways to address eye health.

One of the best ways to stay on top of eye health is to have annual eye exams. Practicing precautionary measures through lifestyle is also important. People with diabetes, high blood pressure, or medications that affect eyes have increased risk for vision problems.

Some lifestyle recommendations from the National Eye Institute include having a diet rich in fruits and vegetables—particularly dark, leafy greens; maintaining a healthy weight; wearing glasses, goggles, and safety shields as appropriate; avoiding smoking; reducing eyestrain from screens by looking 20 feet before you for 20 seconds every 20 minutes; and cleaning hands often to avoid infections.

Knowing family eye history, and being educated about vision issues and symptoms that may affect seniors is also helpful toward eye wellness.

Four Eye Issues That Can Affect Older Adults:

- Dry eye is a common issue for seniors, in which not enough tears or quality tears are made, and poor vision may result.
- Age-related macular degeneration is an issue that causes central (not side) vision loss. The macula of the eye allows people to see fine details and colors, so when it is affected, activities like reading, watching movies, and recognizing faces could be challenging



Did you know? UV rays can negatively affect your eye's surface tissue, cornea, and lens. When in the sun, protect your eyes with sunglasses that have 100% UV or UV400 protection.

- Cataracts are cloudy areas in the eye lens (usually in both eyes, to different degrees) that can cause blurry vision, poor contrast awareness, dulled colors, and glare sensitivity.
- Glaucoma is a group of issues which damage the optic nerve and in time can take away side vision. While glaucoma is often painless with no symptoms, older adults are at risk for it.

With all that in mind, there are many ways to help vision conditions, per the American Optometric Association. Some optometrists have rehabilitation programs to help with low vision for daily routines. Prescription devices are also available, like spectacle-mounted magnifiers for close-up tasks; hand-held or spectacle-mounted telescopes for near and far vision; handheld and stand magnifiers to assist with short-term reading; and video magnification that enlarges items on video.

Let us know if this information has been helpful for you in the comments section of our newsletter Facebook post on the first.



Special Moments



Bonnie: August 2
Marilyn T: August 5
Marilyn A: August 7
Janet: August 25
Fred: August 30

Ashlin: August 14
Isaias: August 17

Those born in August are either Leo (Aug. 1-22) or Virgo (August 23-31). The birthstone for August is peridot. The birth flower for August is the gladiola. August babies are said to be natural leaders and teachers who thrive in the spotlight. They can often be described as charismatic.

August 2021 Highlights

August is Eye Exam Month, Wellness Month, and Sun Safety Month. It celebrates peaches, paninis, golf, catfish, sandwiches, and goat cheese!



01 Mahjong Day; Sister Day; Colorado Day	
02 Coloring Day; Ice Cream Sandwich Day	
03 Watermelon Day; National Night Out Day	
04 Chocolate Chip Cookie Day	
05 Oyster Day; Work Like a Dog Day; IPA Day	
06 Root Beer Float Day; Water Balloon Day	19 Aviation Day; Potato Day; Hair Bow Day
07 Mustard Day; Disc Golf Day	20 Radio Day; Lemonade Day
08 Froyo Custard Day; Zucchini Day; Cat Day	21 Senior Day; Spumoni Day; Geocache Day
09 Book Lovers' Day; Rice Pudding Day	22 Pecan Torte Day; Be an Angel Day
10 S'mores Day; Connecticut Day	23 Sponge Cake Day; Cuban Sandwich Day
11 Son & Daughter Day; Kinetic Sand Day	24 Maryland Day; Waffle Day; Peach Pie Day
12 Vinyl Record Day; World Elephant Day	25 Banana Split Day
13 Intl. Left Handers' Day; Prosecco Day	26 Cherry Popsicle Day; Dog Day
14 Creamsicle Day; Bowling Day	27 Pots de Crème Custard Day; Just Cuz Day
15 Lemon Meringue Pie Day; Honey Bee Day	28 Bow Tie Day; Cherry Turnover Day
16 Tell a Joke Day; Airborne Day	29 Chop Suey Day; Lemon Juice Day
17 Black Cat Day; Thrift Shop Day	30 Toasted Marshmallow Day; Beach Day
18 Fajita Day; Ice Cream Pie Day	31 Trail Mix Day; Intl. Bacon Day

Regarding Covid-19: Resident and staff safety and comfort remains our number one priority during the Coronavirus cases that have happened nationwide. It is important to communicate our plans to mitigate risk in our community. We are following mandated health guidelines. All activities are subject to cancellation per those current guidelines. To read our measures taken, and our current visitor policy, please visit our website.

August 9th is Book Lovers Day!

Our residents and staff shared their favorites!

"Princess Bride" - Morgan

"1984" - Christina

"Christy" - Betty

"Little Women" - Gim

"Bobbsey Twins " - Anna

"You are what you think" - Jaeden

"To Kill a Mocking Bird" - Shelly C.



Staff Spotlight:
Blake

Blake was born in Anacortes and grew up on Whidbey Island where he went through school. Blake was an avid swimmer and attend ROTC in high school. Blake's hobbies include fishing and hunting. He says "I like to eat what I kill." Blake grew up doing remodels with his family and became very proficient at his job. Blake comes to us with a vast amount of expertise and we are lucky to have him on our maintenance team.



Resident Spotlight:
Dee

Dee was born in Missouri and at age 4 her family moved to California where she went through school. Her family moved to Orcus Island and bought and ran hotels. Dee worked hard and learned all about the business. She married and had two daughters. Her sister passed away in an accident leaving two little girls who Dee and husband raised with their own. Dee's current best friend is her spouse. She loves to paint, do crafts, exercise, and go for walks with her dog Marley (who she found as a tiny puppy on a visit to Texas and brought home in a bag on the plane).

We are happy you are here Dee!

AUGUST 2021

La Conner Retirement Inn

• 204 N 1st street, La Conner, WA98257

• 360-466-5700

<i>SUN</i>	<i>MON</i>	<i>TUE</i>	<i>WED</i>	<i>THU</i>	<i>FRI</i>	<i>SAT</i>
1 9:30 Word Games 10:00 Happy Hearts Fitness 10:30 Battle Ball 11:00 Bible Study w/ Dan M 2:00 Bingo 4:00 Trivia	2 9:30 Brain Games 10:00 Happy Hearts Fitness 10:30 Battle Ball 2:00 PO-KE-NO 2:00 Bridge 3:30 Trivia	3 9:30 Grizzly Bear Webcam 10:00 Happy Hearts Fitness 10:30 Battle Ball! 1:30 Chat with Christina 2:00 Mexican Train 2:00 Book Club 3:30 What Did It Cost? 4:00 Travel to United States	4 9:30 Farm Animals Webcam 10:00 Happy Hearts Fitness 10:00 Writing Club 10:30 Battle Ball! 1:30 Crafts 2:00 Bridge Game 3:30 Board Games	5 9:30 Humming Bird Webcam 10:00 Happy Hearts Fitness 10:30 Battle Ball! 11:00 Stone Soup Lecture 1:30 Chat with Allie 1:30 Trivia 2:00 Mexican Train 3:00 Travel to Czech Republic	6 9:30 Kitten Webcam 10:00 Happy Hearts Fitness 10:30 Battle Ball! 1:00 Trivia 2:00 Bridge Game 3:00 Happy Hour 4:00 White House Tour 7:00 Cribbage Game	7 9:30 Kitten Webcam 10:00 Happy Hearts Fitness 10:30 Battle Ball! 1:30 Walk the Boardwalk 1:30 Movie 4:00 Funny Animals
8 9:30 Word Games 10:00 Happy Hearts Fitness 10:30 Battle Ball 11:00 Bible Study w/ Dan M 2:00 Bingo 4:00 Trivia	9 9:30 Brain Games 10:00 Happy Hearts Fitness 10:30 Battle Ball 1:30 Chat with Dana 2:00 PO-KE-NO 2:00 Bridge 3:30 Trivia	10 9:30 Grizzly Bear Webcam 10:00 Happy Hearts Fitness 10:30 Battle Ball! 1:15 Resident Council 2:00 Book Club 2:00 Mexican Train 3:30 What Did It Cost? 4:00 Travel to Netherlands	11 9:30 Farm Animals Webcam 10:00 Happy Hearts Fitness 10:00 Writing Club 10:30 Battle Ball! 1:30 Crafts 2:00 Bridge Game 3:30 Board Games	12 9:30 Humming Bird Webcam 10:00 Happy Hearts Fitness 10:30 Battle Ball! 11:00 Stone Soup Lecture 1:00 All About Hearing 1:30 Trivia 2:00 Mexican Train 3:00 Travel To Egypt	13 9:30 Kitten Webcam 10:00 Happy Hearts Fitness 10:30 Battle Ball! 1:00 Trivia 2:00 Bridge Game 3:00 Happy Hour 4:00 Today in History 7:00 Cribbage Game	14 9:30 Puppy Webcam 10:00 Happy Hearts Fitness 10:30 Battle Ball! 1:30 Baking 1:30 Movie 4:00 Funny Animals
15 9:30 Word Games 10:00 Happy Hearts Fitness 10:30 Battle Ball 11:00 Bible Study w/ Dan M 2:00 Bingo 4:00 Trivia	16 9:30 Brain Games 10:00 Happy Hearts Fitness 10:30 Battle Ball 2:00 PO-KE-NO 2:00 Bridge 3:30 Trivia	17 9:30 Grizzly Bear Webcam 10:00 Happy Hearts Fitness 10:30 Battle Ball! 1:30 Trivia 2:00 Book Club 2:00 Mexican Train 3:30 What Did It Cost? 4:00 Travel to Asia	18 9:30 Farm Animals Webcam 10:00 Happy Hearts Fitness 10:00 Writing Club 10:30 Battle Ball! 1:30 Crafts 2:00 Bridge Game 3:30 Board Games	19 9:30 Humming Bird Webcam 10:00 Happy Hearts Fitness 10:30 Battle Ball! 11:00 Stone Soup Lecture 1:30 Trivia 2:00 Mexican Train 3:00 Travel to the UK	20 9:30 Kitten Webcam 10:00 Happy Hearts Fitness 10:30 Battle Ball! 1:00 Trivia 2:00 Bridge Game 3:00 Happy Hour 4:00 Funny Animals 7:00 Cribbage Game	21 9:30 Grizzly Bear Webcam 10:00 Happy Hearts Fitness 10:30 Battle Ball! 1:30 Walk Boardwalk 1:30 Movie 4:00 Funny Animals
22 9:30 Word Games 10:00 Happy Hearts Fitness 10:30 Battle Ball 11:00 Bible Study w/ Dan M 2:00 Bingo 4:00 Trivia	23 9:30 Brain Games 10:00 Happy Hearts Fitness 10:30 Battle Ball 2:00 PO-KE-NO 2:00 Bridge 3:30 Trivia	24 9:30 Grizzly Bear Webcam 10:00 Happy Hearts Fitness 10:30 Battle Ball! 1:30 Trivia 2:00 Mexican Train 3:30 What Did It Cost? 4:00 Travel to 360 Play All	25 9:30 Farm Animals Webcam 10:00 Happy Hearts Fitness 10:00 Writing Club 10:30 Battle Ball! 1:30 Crafts 2:00 Bridge Game 3:30 Board Games	26 9:30 Humming Bird Webcam 10:00 Happy Hearts Fitness 10:30 Battle Ball! 11:00 Stone Soup Lecture 1:30 Trivia 2:00 Mexican Train 3:00 Travel To Portugal	27 9:30 Kitten Webcam 10:00 Happy Hearts Fitness 10:30 Battle Ball! 1:00 Trivia 2:00 Bridge Game 3:00 Happy Hour 4:00 Funny Babies 7:00 Cribbage Game	28 9:30 Humming Bird Cam 10:00 Happy Hearts Fitness 10:30 Battle Ball! 1:30 Baking 1:30 Movie 4:00 Funny Animals
29 9:30 Word Games 10:00 Happy Hearts Fitness 10:30 Battle Ball 11:00 Bible Study w/ Dan M 2:00 Bingo 4:00 Trivia	30 9:30 Brain Games 10:00 Happy Hearts Fitness 10:30 Battle Ball 2:00 PO-KE-NO 2:00 Bridge 3:30 Trivia	31 9:30 Grizzly Bear Webcam 10:00 Happy Hearts Fitness 10:30 Battle Ball! 1:30 Trivia 2:00 Mexican Train 3:30 What Did It Cost? 4:00 Travel to Japan				All activities subject to change per mandated health guidelines.